

OPTOKINETIC TRAINING

These exercises are to help build up your tolerance to busy visual environments.

- Watch the video for as long as you can tolerate, _____ times a day.
- As you begin to improve, your tolerance for the video should increase. If your symptoms worsen over time, do not increase your video time.
- Stop watching the video if your symptoms (nausea, dizziness, headache) increase to 5/10. Your symptoms should resolve to your baseline of when you first started watching the video about 15 minutes after stopping.
- You can place an ice pack on the back of your neck to help manage your symptoms.

[A Walk Around Covenant Garden Market In London](#) (3:06)

[A Look at Camden Market in London](#) (5:02)

[Grand Canyon Helicopter Flight](#) (10:57)

[Chicago-Carpet2](#) (1:17)

[Busy Grocery Store: Optokinetic Training](#) (3:30)

[Driving in Reverse: Optokinetic Training](#) (2:30)

[Tokyo Night Drive](#) (23:23)

[Optokinetic](#) (10:13)

[Wave Checkerboard: Optokinetic Training](#) (1:30)

[Pulsing Checkerboard: Optokinetic Training](#) (3:00)

[Snow Flurry Vertical X2 Viewing Paradigm 60 bpm](#) (1:22)

[Static Waves Vertical X2 Viewing Paradigm 45 bpm](#) (1:22)

